

ABSTRACT OF THE DISCLOSURE

A method for diagnosing and appropriately cleansing and conditioning hair includes steps of evaluating characteristics of the hair and scalp and cleansing and conditioning the hair with a shampoo and a conditioner selected from a kit having a plurality of shampoos and conditioners based upon the results of the evaluations. The shampoos and conditioners in the kit include graduated amounts of surfactants and conditioning polymers, so that a shampoo and a conditioner most suitable for a specific hair and scalp may be selected and used.